



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #2

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Vanilla Oatmeal		Sunflower Apple French Toast		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh	Strawberries- fresh	Pineapple- canned, unsweetened	Applesauce- unsweetened	Apple Slices- fresh	Peaches- canned, unsweetened
Grains/Bread Component 5x Whole Grain, 0x sweet	Vanilla Oatmeal (WG)	Whole Wheat Bread Stick (WG)	Whole Wheat French Toast Sticks (WG)	Whole Wheat Bagel (WG)	Whole Grain Chex cereal (WG)
Other Foods 3x Meat/Meat Alternate		Hardboiled Egg, Cheese	Sunflower Butter **no syrup**	Raspberry Yogurt	
LUNCH	Spaghetti with Meat Sauce	Sunflower Butter Sandwich with Yogurt	Ham and Cheese Sandwich	Teriyaki Chicken with Rice (HM)	Fish and Cheese Slider (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Corn- frozen	Celery- fresh	Red Pepper Sticks- fresh	Peas- frozen	Baked Beans- canned
	Mandarin Oranges- canned, unsweetened	Grapes- fresh	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Apples- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Brown Rice (WG)	Slider Bun
Meat or Meat Alternate 0x highly processed	Ground Beef	Sunflower Butter, Vanilla Yogurt	Ham, Cheese	Chicken	Baked Fish, American Cheese
Other Foods	Spaghetti Sauce, Parmesan Cheese		Cottage Cheese		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				Toast Sticks
Fluid Milk			Skim Milk		
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Apple Slices- fresh	Carrot Sticks- fresh	Banana- fresh	Pineapple- canned, unsweetened	
Grains/Bread Component 3x Whole Grain, 0x sweet	Club Crackers	Triscuits (WG)		Whole Wheat Goldfish Crackers (WG)	Whole Wheat Toast Sticks (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	American Cheese			Hardboiled Egg	Raspberry Yogurt
Other Foods					



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Cinnamon Toast				Ham, Egg and Cheese Biscuit
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh	Applesauce- unsweetened	Strawberries- fresh	Kiwi Slices- fresh	Apricots- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Corn Flakes cereal	Toasted Oats cereal (WG)	Kix cereal (WG)	Whole Wheat Biscuit (WG)
Other Foods 2x Meat/Meat Alternate	Cinnamon		Banana Yogurt		Ham, Egg, Cheese
LUNCH	Ham and Cheese Crackers	Turkey and Cheese Sandwich	Beef Nachos	Sweet n' Sour Chicken with Rice (HM)	Beef and Cheese Slider
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Cucumber, Tomato- fresh	Baby Carrots- fresh	Romaine Lettuce- fresh	Broccoli- frozen	French Fries- frozen
	Kiwi- fresh	Grapes- fresh	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Multi-Grain Club Crackers	Whole Wheat Bread (WG)	Whole Grain Tortilla Chips (WG)	Brown Rice (WG)	Slider Bun
Meat or Meat Alternate 0x highly processed	Ham, Cheese	Turkey, Swiss Cheese	Ground Beef, Cheddar Cheese	Chicken	Beef, American Cheese
Other Foods		Goldfish Crackers	Black Bean Salsa- canned	Sweet n' Sour Sauce	Romaine Lettuce- fresh
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Mexican Egg Tortilla		Monthly Birthday Celebration		
Fluid Milk					
Juice, Fruit, or Vegetable 5x whole fruits/vegetable	Salsa- canned	Apple slices- fresh	Banana- fresh	Fruit Cocktail- canned, unsweetened	Broccoli- fresh
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Tortilla (WG)	Whole Wheat Bread Stick (WG)	Chocolate Chip Cookie (sweet)	Whole Wheat Bagel (WG)	Ritz Crackers
Meat or Meat Alternate 4x Meat/Meat Alternate	Hardboiled Egg, Cheddar Cheese	Sunflower Butter		Peach Yogurt	String Cheese
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Cream of Wheat			Egg, Ham, and Cheese French Toast	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh	Strawberries- fresh	Banana- fresh	Applesauce- unsweetened	Orange slices- fresh	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Cream of Wheat	Kix cereal (WG)	Whole Wheat Biscuit (WG)	Whole Wheat French Toast Sticks (WG)	Toasted Oats cereal (WG)
Other Foods 2x Meat/Meat Alternate		Cherry Vanilla Yogurt		Hardboiled Egg, Ham, Cheese; **no syrup**	
LUNCH	Cheeseburger Macaroni Casserole	Fish Sticks (CN)	Spaghetti and Chicken Parmesan (HM)	Sloppy Joe (HM)	Ham and Mozzarella Cheese Pita Pizza
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Corn- frozen	Baked Beans- canned	Romaine Lettuce- fresh Red Onion- fresh	Cole Slaw- fresh	Sweet Orange and Yellow Mini Peppers- fresh
	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Peaches- canned, unsweetened	Banana- fresh	Cantaloupe- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)	Whole Wheat Spaghetti (WG)	Slider Bun	Pita Bread
Meat or Meat Alternate 1x highly processed	Ground Beef	Fish Sticks (CN)	Chicken	Ground Beef	Ham, Mozzarella Cheese
Other Foods			Spaghetti Sauce; Parmesan Cheese	Sloppy Joe Sauce; Cheddar Cheese	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Chicken and Crackers			Sunflower Butter Sandwich	Parfait
Fluid Milk					
Juice, Fruit, or Vegetable 5x whole fruits/vegetable	Carrots- fresh	Tomatoes- fresh	Mandarin Oranges- canned, unsweetened	Applesauce- unsweetened	Banana- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Ritz Crackers	Multi-Grain Club Crackers	Saltine Crackers	Whole Wheat Bread (WG)	Kix cereal (WG)
Meat or Meat Alternate 4x Meat/Meat Alternate	Deli Chicken Breast	Cottage Cheese		Sunflower Butter	Strawberry Banana Yogurt
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Egg and Cheese Sandwich		
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh	Fruit Cocktail- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Banana- fresh	Oranges- fresh	Strawberries- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Kix cereal (WG)	Multi-Grain Pancakes	Whole Wheat Toast (WG)	Toasted Oats cereal (WG)	Whole Grain Chex cereal (WG)
Other Foods 2x Meat/Meat Alternate		**no syrup**	Cheese, Eggs		Strawberry Yogurt
LUNCH	Cheeseburger Pita Pizza (HM)	Hot Dog	Grilled Italian Chicken Tenders Salad (HM)	Beef Taco	Swiss Chicken Slider (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 5x fresh	Green Pepper, Cucumber- fresh	Baked Beans- canned	Romaine Lettuce- fresh	Romaine Lettuce- fresh Tomato- fresh	Corn on the Cob- frozen
	Pineapple- canned, unsweetened	Bananas- fresh	Mandarin Oranges- canned, unsweetened	Kiwi- fresh	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Pita Bread	Whole Wheat Elbows (WG)	Whole Wheat Breadstick (WG)	Whole Wheat Tortilla (WG)	Slider Bun
Meat or Meat Alternate 1x highly processed	Ground Beef, Cheese	Beef Hot Dog	Chicken	Ground Beef, Cheddar Cheese	Grilled Chicken
Other Foods		Cheddar Cheese Stick	Feta Cheese		Swiss Cheese
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Cheese Crackers	Graham Cracker Cookie	
Fluid Milk					
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Grapes- fresh		Fruit Cocktail- canned, unsweetened	Banana- fresh	Orange Slices- fresh
Grains/Bread Component 2x Whole Grain	Wheat Thins (WG)	Pretzels	Ritz Crackers	Graham Cracker	Whole Wheat Bread Stick (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Peach Yogurt	American Cheese		Mozzarella Cheese
Other Foods 1x sweet				Vanilla Icing (sweet)	